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UNITED STATES DEPARTMENT OF AGRICULTURE
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Housekeepers' Chat Tues., Jan. 10, 1928

(NOT FOR PUBLICATION)

Subject: "When We Buy Furniture." (Talk on furniture postponed until later date.) Program includes timely questions and answers, and a new recipe, for Scalloped Crab meat, from the U. S. Bureau of Home Economics.

--ooOoo--

There are so many questions to answer today, that I have decided to postpone the talk on buying furniture until a later date. One of my New Year's resolutions is to keep the question box just as nearly empty as possible. In order to do that, I must answer a few every day.

The letter on top of the list is from a farmer's wife, who wants information on canning pork. That information, and a great deal more, is contained in Farmers' Bulletin Number Eleven-Eighty-Six, called "Pork on the Farm: Killing, Curing, and Canning." The bulletin is sent free on request, by the U. S. Department of Agriculture.

Second question: "What causes the disease known as trichinosis (trik-i-no-sis)?"

Trichinosis, a disease which is painful, and occasionally fatal, is caused by a small parasite that sometimes occurs in pork. Uncooked pork, or poorly cooked pork, may cause this serious disease. Hogs which harbor the parasites of trichinosis show no symptoms. Pork which contains the parasites looks exactly the same as other pork. The most practical means of preventing the disease is careful cooking of pork products. Cooking destroys the parasites. Therefore, well-cooked pork is safe.

Question Number Three: "Will you please send me directions for making scrapple and sausage?"

These two recipes, together with a good many more, are in the bulletin I mentioned before. If you are interested in the home canning of pork and pork products, and in pork recipes, please send for this bulletin. Number Eleven-Eighty-Six, as I said before, and the bulletin is sent free on request, by the U. S. Department of Agriculture.

Next question: "Is it a fact that direct sunshine has a curative effect on rickets?"

Answer: It is true that direct sunshine has a curative effect on rickets, the disease which afflicts so many children in this country. This question reminds me of an article I read recently, entitled "No Rickets in Porto Rico". In a group of 600 Porto Rican babies, between the ages of two weeks and two and a half years, only one case of really active rickets was found, during an examination carried on during January and February of last year. The only child who had rickets was born in a cellar, lighted by electric light. The child

lived in the cellar for five and a half out of its total six and a half months, before examination. This baby had never even been taken out of doors. When it was removed to the hospital, and treated only by exposure to sunlight, it began to recover at once. At the end of three months, the child's bones were practically normal.

As you know, Porto Rico is a tropical country. Here the children are out of doors a great part of the time, and even indoors the sun's rays are not interrupted by ordinary window panes. The results of the examination proved that Porto Rican babies are normal as far as rickets is concerned, for the only one in 600 who suffered from rickets had not lived the life of a sun-burned Porto Rican baby at all.

Next question: "Can you suggest ways in which I can get my six-year-old daughter to take the milk I am sure she needs?"

Get some drug store "straws" and let her sip her milk through one of these occasionally. Make a milkshake once in a while, with fruit juice or cocoa as the flavoring. Also try milk-vegetable soups. So many kinds of vegetables can be used in this way that you can get many different flavors. Cook her cereal in milk, instead of water. Milk toast and a simple milk-cereal pudding vary the monotony also. Make junket now and then, with a flavoring she likes, or serve it with crushed fresh or canned fruit. Custards, soft, baked, or boiled, are another good way. Try all these methods of hiding the milk, but do not overwork any one method until the novelty wears off.

Next question: "I have heard that certain foods should be eaten to 'stir up' a sluggish liver. Is this true?"

It is commonly believed that many ills are due to a sluggish liver, and that these ills can be overcome by eating spinach, onions, rhubarb, and other foods said to be especially good for the liver. The apparent beneficial effect of these foods is probably due to the fact that they are mildly laxative. Nutrition specialists now believe that the ills ascribed to a disordered liver, are really due to intestinal distrubances. Most of these ills would be avoided if the diet were well chosen, and if various health habits were established which would do away with constipation. The U. S. Department of Agriculture has two or three bulletins containing information on proper diets, and how to choose them. There is also a bulletin which helps considerably in planning meals. These bulletins are free.

The next question is about removing iron rust, from a fine white linen napkin.

If the linen is rather delicate, spread the stained part over a vessel of rapidly boiling water, and then squeeze lemon juice on the stain. After a few minutes, rinse the napkin, and repeat the process. This method is somewhat slow, but it does not injure delicate white cottons and linens. Quicker methods can be used on heavier fabrics.

The last question is from a high school boy, who wants to know what makes popcorn pop, and whether it must be wet, to pop well.

Popcorn pops when it explodes. Popping results from the almost simultaneous

explosion of the many starch grains in the kernel. When the corn is heated, the pressure from the expanding moisture, within the starch grains, increases. This pressure finally becomes greater than the strength of the substance, in which the starch grains are embedded, and they pop.

Popcorn need not be wet, in order to pop. Only a little moisture is needed. Corn that is neither too wet, or too dry, will not pop well. Popcorn that is stored in an unheated room, or in a shed where it will be protected from rain, usually contains about the right amount of moisture.

That cleans up the question box, so I can broadcast a recipe with a clear conscience. Today's recipe is not an ordinary one. Did you ever wish for a good dish of Scalloped Crab Meat? "Yes," I can hear some one sigh, "but I never have fresh crabs."

Don't let a little thing like that keep you from having Scalloped Crab Meat. If fresh crab meat is not available, use canned crab meat.

Six ingredients, for Scalloped Crab Meat:

2 cups crab meat
1-1/2 cups cream or rich milk
1-1/2 tablespoons flour
1/2 teaspoon salt
2 tablespoons butter, and
Buttered bread crumbs

Let's check the six ingredients, for Scalloped Crab Meat: (Repeat)

Pick over the cooked crab meat, either fresh or canned. Remove all particles of shell, and bony pieces, from between the sections of meat. Spread the meat in a layer, an inch deep, in a shallow baking dish, or in a glass or earthenware pie plate. Pour over it a thin sauce, made of the cream, flour, salt, and butter. Cover the top with buttered bread crumbs, and bake in a moderate overn, until the crumbs are brown and the sauce bubbles up around the crab meat. If desired, chopped pimiento or green pepper may be added to the sauce.

Tomorrow I'll broadcast another new recipe, and a menu.